



ANGER DEFUSER

Version 2.0TM

Instructions

Ages 8-18, 2-6 players

Contents

- 33 Kids Question Cards
- 33 Teen Question Cards
- 7 Scene Cards
- 6 Coping Skill Cards
- 6 Character Cards
- 1 Game Board
- 6 Pawns
- 1 Die
- 6 Coping Skill Tokens
- 1 Pad of Tracking Sheets
- Instructions

Anger Defuser can be played in TWO different ways. Read the **Quick and Easy Gameplay** for the super easy, quick-to-learn version, and you can be up and playing in just a few minutes. If you want a more in-depth game with the classic detective rules, skip ahead to the **Traditional Gameplay** section.

QUICK & EASY GAMEPLAY

Object

Get the most cards at the end of the game

Setup

- Depending on the age of the players, select either the Kids or the Teen question card deck and place it face down in the center of the open game board.
- Set each scene card (Store, Bus, Friend's House, etc) in its corresponding room face up on the board.
- Shuffle and deal one coping skill card face up in each scene (the Bus will not have a coping skill card).
- Each player picks a pawn and places it on its matching color tile around the perimeter of the game.

(Set aside any unused pawns, the character cards, the unused deck of questions, coping skills tiles, and tracking pads; you do not need

them for the Quick & Easy Gameplay.)

Playing the game

- On each turn, the player rolls a die, moves the number indicated in any direction, and will either land on a bomb, a blank square, or enter a scene.
 - **If the player lands on a bomb**, the player picks a question card and answers the question. The player keeps the card after answering, then the turn ends.
 - **If the player lands on a blank square**, game play passes to the next person.
 - **The player can enter a scene** through a door to that scene. Once in the scene:
- If there are cards in the scene, the player can choose to get one of the cards:
 - **To get a scene card**, the player gives an example of a time they got angry in a similar location
 - **To get a coping skill card**, the player gives an example of how they could use the coping skill to defuse their anger.
 - After giving the example and taking the card, the turn ends. The player can only get one card on a turn.
- The game ends immediately when the last scene card is taken OR the last question card has been played. Count up all of the cards in each player's hand. Whoever has the most wins!

Notes

- When rolling, if the player is in a scene with a shortcut, player can use shortcut to move immediately to the indicated scene.
- To enter a scene, the player does not need to roll the exact number
- (Optional) Each player can start with the player card of their own player

TRADITIONAL GAMEPLAY

Object

Somebody defused explosive anger! But which character was it? And where? What coping skill was used? Players play the role of a detective, searching for clues to the mystery. Finding answers to the who, how, and where, all while learning important coping skills and techniques to control anger.

Please read and follow these instructions even if you're familiar with the gameplay of the classic game. Anger Defuser has slight differences in gameplay to improve the therapeutic aspects of the game.

Setup

Unfold game board and place in the center of the table. Depending on the age of the players, select either the Kids or the Teen question card deck and place it facedown in the center of the board. Sort the six character cards, the six coping skills cards, and the seven scene cards each into its own pile. Shuffle each of these three piles separately. Take one card randomly from each pile, making sure nobody sees the three selected cards. Place the three selected cards face down under one corner of the game board (see picture). These cards are the answer.

Shuffle the remainder of the three decks into one and deal these remaining cards to the players. If playing the two player version, before you deal the cards, set aside the top four cards (see Two Player Version section). Each player can pick up and look at their hand.

Each player gets one tracking sheet from the pad. Players use the tracking sheet to make notes to remember which cards they've seen. There are multiple columns to allow the sheet to be reused for multiple games. Each player's cards and tracking sheet should be kept hidden from other players during the game.

Place the six coping skills tiles in the center of the board next to the question deck. Place all six of the pawns on the corresponding color tiles around the perimeter of the game board. Each player controls the

pawn closest to where he or she is sitting.

Traditional Gameplay (3-6 player version)

The object of the game is to be the first player to accurately deduce the character, the coping skill, and the scene in the answer cards. There is only one of each card, so any card you see cannot be one of the answer cards.



On each turn, players roll the die and move their respective pawns from their current location by the number rolled. Pawns can be moved to any unoccupied space forward, backward, and side to side, but never diagonally. When a pawn lands on a bomb space, the player should pick up, read aloud, and respond to a question card. If the player responds appropriately, the player may roll and move a second time (but not three in a row).

After the player moves, he or she can enter a scene but only through the designated entrance(s) for that scene. Once in a scene, on the same turn, the player can make a guess. To do this, the player announces "I'd like to make a guess". The player then names any character and the coping skill they're guessing along with the scene they're in. The player can only guess the scene he or she is currently in. For example, if the player is in the store, he or she might say "Chloe Red defused her anger in the store with assertiveness." The player then moves the red pawn and the assertiveness tile into the store. All players who have any of those cards, must each privately show one of them to the guessing player. A player can guess any character including his or her own character pawn and unused pawns. Players can make notes on their tracking sheets to help remember which cards they've seen.

A player must move at least one space on each turn. The player cannot exit and re-enter the scene in one turn. An exact roll is not required to enter a scene. If the player is in a scene with a shortcut at the start of the turn, the player may use the roll to travel to the named scene.

Immediately after making a guess, if nobody shows the player any cards, that player can choose to announce. Announcing is just like guessing, except the player states "I'd like to announce the answer" and states the character, the coping skill, and the scene in which the character defused his or her anger. All game play immediately stops and the player privately looks at the answer cards under the corner of the board. If the player chooses correctly, that player wins.

If the answer is wrong, that player is out, and his or her cards are placed face up on the table for the remaining players to see. Game play continues among the remaining players.

Gameplay (2 player version)

The two player version is played exactly like the 3-6 player version, except the following differences:

- Before dealing the scene, character, and coping skills cards, four of these cards are placed face down in a row to the side of the board.
- After a player makes a guess, if the opposing player doesn't have any of the cards to show them, they may discreetly look at any one of the four facedown cards.
- When a player is ready to announce the final answer, if the answer is incorrect, gameplay ends immediately and the other player wins.

Faster Play

If time is limited, you can play with "free" cards. Immediately after setting aside the answer cards, but before dealing the remaining cards to all players, pick three cards from the remaining pile, publicly show them to all players and have players mark the cards off on their tracking sheets. Set the free cards aside, and deal the remaining cards.

Getting the Most Out of Anger Defuser

- Any adults playing should model answers as appropriately as possible. This will build more rapport and enable other players to feel comfortable being honest in their responses.
- Practice the coping skills after the game while the skills are fresh on players' minds. Demonstrate how to relax muscles, deep breathe, and be assertive, one skill at a time.
- Use discretion and remove any cards that may be inappropriate for your players.
- Using a strengths based perspective, ask the players which skill they are the best at already after the game is done. Have them demonstrate this skill in action.
- Recognize how players move and make guesses. This will help assess their judgment, impulse control, and critical thinking skills.
- Feel free to have younger players come up with questions to put on the blank cards. They will enjoy the challenge and sense of responsibility.
- If there is time at the end of the game, help players think of the bomb as an analogy for their anger. What are their triggers that set the bomb off? What can they do to defuse the bomb? Have them color or draw a bomb.

More Gameplay Ideas

- Ignore the bombs and have players answer a question from the card deck every time they land on a tile.
- Instead of playing the game, use the board and pieces to represent a world. Have the person show you which place is hardest to control anger and coping skills they have already tried. This may be helpful to do after playing the game, to connect their world with the game more directly.
- Have more than 6 players? Play as teams. This will help build cooperation and communication skills.
- If a player is unable or resistant to speak, skip the card questions. Players can use the bomb tiles to roll again. Players will still learn important coping skills indirectly while playing.



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